

Association of Athletics Federations

✉ 6-8 Quai Antoine 1^{er}, BP 359 - 98007, Monaco Cedex ☎ (377) 93 10 88 88



M/12/19
Monaco, 27 March 2019

To: MEMBER FEDERATIONS
Copy: Council Members
Honorary Members
Committees and Commissions
Area Associations
Dentsu Athletics

**Re. 216th IAAF Council Meeting – 10/11 March 2019 – Doha, Qatar
Information & Decisions**

Dear all,

We have pleasure in providing you with information arising from, and the decisions taken during the 216th IAAF Council Meeting, which was held in Doha, Qatar on 10 and 11 March 2019.

This includes information, updates and decisions relating to:

- the Russian Athletic Federation
- World Athletics Series Competitions, including:
 - the competition timetable and entry standards for the IAAF World Indoor Championships – Nanjing 2020
 - the competition timetable for the IAAF World Half Marathon Championships – Gdynia 2020 and for the IAAF World Race Walking Team Championships – Minsk 2020
 - progress report from the IAAF World Athletics Championships – Doha 2019
 - changes to the race walking competition programme (from 2022)
- qualification system and entry standards for the Tokyo 2020 Olympic Games
- the IAAF Diamond League
- amendments to rules and regulations, including:
 - Technical Rules of the Competition Rules
 - Bidding Rules
 - Rules of Congress
 - Candidacy Rules
- recommendations from IAAF Commissions, Committees, Working Groups and Taskforces.

Kind regards,

A handwritten signature in black ink, appearing to read 'Jon Ridgeon', written in a cursive style.

Jon Ridgeon
Chief Executive Officer

216TH IAAF COUNCIL MEETING
10/11 MARCH 2019 – DOHA, QATAR
INFORMATION AND DECISIONS

The Council of the IAAF chaired by President Sebastian Coe met on 10 and 11 March 2019 in Doha, Qatar. The President welcomed IAAF Chief Executive Officer Jon Ridgeon to his first Council meeting.

In the first session of the two-day meeting, HE Sheikh Joaan bin Hamad al-Thani, President of the Doha 2019 Local Organising Committee (LOC), welcomed the IAAF Council to Doha. HE Sheikh Joaan emphasised his and the country's commitment to staging a world-class athletics championship and reiterated the work the Doha 2019 LOC is undertaking, including preparing for the Asian Athletics Championships in April, which will be a test event for the World Athletics Championships.

1. REPORTS

Council received the following:

- President's Introduction
- CEO and Operations Report
- Treasurer's Report
- Technical Committee Report
- Women's Committee Report
- Race Walking Committee Report
- Athletes' Commission Report
- Working Group for Governance & Integrity Reform Report
- World Athletics Series Progress Report for the World Athletics Championships - Doha 2019 and Oregon 21
- Athletics Integrity Unit Report
- RUS Taskforce Report

2. INFORMATION AND DECISIONS

2.1 IAAF MEMBER FEDERATIONS & AREA ASSOCIATIONS

2.1.1 Russia

The Taskforce chairman Rune Andersen reported that two key issues remain outstanding for reinstatement of RusAF:

- payment of the outstanding costs. RusAF has raised some logistical issues about payment. The IAAF will get these resolved shortly.
- receipt of the analytical data and any samples that the AIU needs from the Moscow lab in order to determine which athletes have a case to answer under the IAAF anti-doping rules. The data is currently being processed and authenticated by WADA, and WADA has committed to getting it to the AIU as a priority.

Council took note of the two key issues that remained outstanding, as well as the full content of the report and unanimously approved not to reinstate RusAF at this time,

with the Russia Taskforce reporting again to the Council at its meeting in Monaco in June 2019.

A copy of the Russia Taskforce's report is available by clicking [here](#).

2.2 IAAF CONSTITUTION

Council considered the proposed amendments to the IAAF Constitution (for approval by Congress) as recommended by the Working Group for Governance and Integrity Reform. These proposed amendments will be submitted to the 52nd IAAF Congress, Doha 2019 for review and decision.

2.3 IAAF RULES

2.3.1 Technical Rules

Upon the recommendation of the Technical Committee, Council approved the following amendments to the Technical Rules, of the IAAF Competitions Rules with immediate effect in force from 11 March 2019:

- Rule 113 (Medical Delegate): amendments to better provide for athletes' health and safety in longer running and walking races
- Rule 149.3 (Validity of Performances): amendments to clarify that performances may be valid in race walk even with penalty zone
- Rule 170 (Relay Races): new Rule 170.22, to provide flexibility in developing further new relay concepts
- Rule 180.6 (General Conditions – Field Events): amendments (new Note (iv)) to change the competing order before the last trials in the horizontal field events
- Rule 180.17 (General Conditions – Field Events): amendments to revert to the 1 minute time for trials in all field events
- Rules 200.1-200.5 (Combined Events Competitions): amendments to clarify that the two consecutive days of combined events can mean two consecutive 24 hour periods
- Rule 230.7(c) (Race Walking): amendments for Pit lane to be penalty zone
- Rule 250.6 (Cross Country Races): amendments to remove the mandated use of departure boxes and to have it as an option

The amended Technical Rules of the IAAF Competitions Rules are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.2 Bidding Rules

In accordance with Rule 6.1.3 of the IAAF Bidding Rules, Council previously appointed a working group to make recommendations to the Council on the procedures, criteria and timelines for selecting a target host Area for the World Athletics Championships and the World Indoor Championships. The working group presented its recommendations for the development of an initial hosting strategy, and as a consequence, proposed amends to the current Bidding Rules.

Council approved the following amendments to the Bidding Rules:

- Rule 6.1.4 of the Bidding Rules to state, "The principles, criteria, procedures, and timelines for the selection of Areas are set out in Schedule 2."; and,
 - the insertion of new Schedule 2,
- in force with immediate effect on 11 March 2019.

The amended Bidding Rules are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.3 Candidacy Rules

Council approved amendments to the Candidacy Rules proposed by the Working Group for Governance and Integrity Reform. The amendments seek to provide clarity to aspects of the Rules and are in force with immediate effect on 11 March 2019.

The amended Candidacy Rules are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.4 Disputes and Disciplinary Proceedings Rules

To reduce the risks when dealing with disputes, prior to finalising the Book of Rules project, Council approved interim amendments to Rule 60 (Disputes and Disciplinary Proceedings Rules), with immediate effect in force from 11 March 2019.

The amended Rule 60 is available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.5 Governance Rules

Upon the recommendation of the Working Group for Governance and Integrity Reform, Council approved minor amendments to the Governance Rules, in force with immediate effect on 11 March 2019.

The amended Governance Rules are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.6 Rules of Congress

Upon the recommendation of the Working Group for Governance and Integrity Reform, Council approved amendments to the Rules of Congress, in force with immediate effect on 11 March 2019. The amendments update the Rules to align with the 2019 Constitution and will apply to the 2019 Congress.

The amended Rules of Congress are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.3.7 Vetting Rules

Upon the recommendation of the Vetting Panel, Council approved amendments to the Vetting Rules, with immediate effect in force on 11 March 2019.

The amended Vetting Rules are available on the IAAF website at: <https://www.iaaf.org/about-iaaf/documents/rules-regulations>

2.4 IAAF THERAPEUTIC USE EXEMPTION (TUE) SUB-COMMISSION

Council approved the recommended appointment of the following medical doctors as TUE Sub-Commission members: Dr Fumihiko Yamasawa (JPN) (Chair), Pr Marco Catani (ITA), Dr Alma Kajeniene (LTU), Dr Pedro Branco (POR).

3. COMPETITIONS

3.1 WORLD ATHLETICS SERIES COMPETITIONS

3.1.1 World Athletics Championships – Doha 2019

Council received a report from the Doha 2019 Organising Committee (LOC) on the progress of the organisation of the World Athletics Championships, Doha 2019, which included updates on the LOC structure, the volunteer plan, the budget, marketing and ticket sales strategy, and identified successes, challenges and solutions.

The IAAF has appointed a Director of Readiness as its representative on site, to work alongside the Doha LOC to ensure direct and open lines of communication are maintained to effectively monitor progress across key milestones and deliverables.

3.1.2 World Indoor Championships - Nanjing 2020

The Council approved the timetable and qualification system including entry standards as detailed in Appendix A and Appendix B respectively.

3.1.3 World Half Marathon Championships - Gdynia 2020

The Council approved the timetable as follows:

Sunday, 29 March 2020

- 12:00 Women's race
- 12:45 Men's race (mass race starting immediately after)

3.1.4 World Race Walking Team Championships - Minsk 2020

The Council approved the timetable as follows:

Saturday, 2 May 2020

- 09:30 10km U20 Women
- 10:40 10km U20 Men
- 14:00 20km Women
- 16:10 20km Men

Sunday, 3 May 2020

- 09:00 50km Men & Women

3.1.5 World Cross Country Championships – Bathurst 2021

Council took note of the date of the 2021 World Cross Country Championships Saturday, 20 March 2021.

3.2 DIAMOND LEAGUE

Council approved the core principles set out and agreed by the Diamond League Board and meeting directors at their General Assembly on 28 February 2019 to bring together the best one day meetings in a high quality annual international circuit, starting 2020.

The 2020 IAAF Diamond League will include the best 12 meetings, based on the criteria developed in 2018, leading to a single final at the end of the season, and will comprise 24 events (12 male and 12 female), with the longest event being the 3000m. Each meeting will be broadcast globally in a faster-paced 90-minute television event which will link the events and the athletes' points so fans can more readily follow the road to a single final at the end of the season.

Details can be found in the press release dated 11 March 2019 which can be accessed [here](#).

3.3 RACE WALKING COMPETITION PROGRAMME

Council agreed in principle with the Race Walking Committee's proposal to change the competition programme for race walking in order to protect and promote the discipline in major international championships and its appeal and attractiveness to new and younger audiences.

Council specifically agreed with the importance of:

- maintaining a 4-medal discipline and gender equity with two men's and two women's events at all major international competition;
- continuing to prioritise investment in and development of the Race Walking Electronic Control System (i.e., the electronic chip insole technology);
- testing and validating the technology in competition during 2020; and,
- roll out of two of the following events: 10km, 20km, 30km or 35km from 2022.

3.4 OLYMPIC GAMES – TOKYO 2020

Council approved the qualification system and entry standards for the Tokyo 2020 Olympic Games (see Appendix C).

Athletes will have more opportunities to achieve the entry standards under the new system, which extends the qualification window by two months for most events. This will start on 1 May 2019 (instead of 1 July 2019), to include more international competitions such as the IAAF Diamond League, and end on 29 June 2020.

The qualification period for the marathon and 50km race walk will close at the end of May 2020 (instead of 29 June 2020), to give the qualified athletes more time to prepare specifically for the Games.

After extensive consultation with key stakeholders, the Council decided to introduce a dual qualification system, combining both the entry standards and the new World Ranking System, to determine which athletes are eligible for Olympic selection in 2020.

Under this new qualification process, an athlete can qualify for the 2020 Olympics in one of two ways:

- Achieve the entry standard within the respective qualification period
- Qualify by virtue of his/her IAAF World Ranking position in the selected event at the end of the respective qualification period.

The process is designed to achieve 50 percent of the target numbers for each event through entry standards and the remaining 50 percent through the IAAF world ranking system.

The IAAF consulted with the Competition, Athletes' and Coaches' Commissions prior to this decision and will continue working with the Athletes' Commission, the Athletes Representatives and the Member Federations to ensure the qualification system is well understood.

APPENDIX A

IAAF WORLD INDOOR CHAMPIONSHIPS NANJING, CHINA – 13-15 MARCH 2020

TIMETABLE

DAY 1 - Friday, Morning, 13 March				DAY 2 - Saturday, Morning, 14 March				DAY 3 - Sunday, Morning, 15 March			
09:35	60m Hep	M		09:35	60m H Hep	M		10:05	60m H	M	R1
09:55	60m H Pen	W		09:55	60m	M	R1	10:50	Long Jump	W	F 1-5
10:15	60m	W	R1	10:35	Pole Vault Hep	M		10:55	Shot Put	M	F 1-5
10:25	Long Jump Hep	M		10:40	Triple Jump	W	F 1-5	11:10	4 x 400m Relay	W	R1
11:00	400m	M	R1	10:50	1500m	M	R1	11:35	4 x 400m Relay	M	R1
11:15	High Jump Pen	W		11:25	800m	W	R1	12:00	Shot Put	M	F 6
11:45	400m	W	R1	11:55	Triple Jump	W	F 6	12:21	Long Jump	W	F 6
11:55	Shot Put Hep	M		12:15	60m H	W	R1	12:35	3000m	M	F
12:28	Triple Jump	M	F 1-5								
12:30	1500m	W	R1								
13:00	800m	M	R1								
13:15	Shot Put Pen	W									
13:30	3000m	M	R1								
13:54	Triple Jump	M	F 6								
DAY 1 - Friday, Afternoon, 13 March				DAY 2 - Saturday, Afternoon, 14 March				DAY 3 - Sunday, Afternoon, 15 March			
	<i>Opening Ceremony</i>			18:05	Pole Vault	W	F	17:05	60m H	M	SF
18:05	Long Jump Pen	W		18:10	60m H	W	SF	17:20	Pole Vault	M	F
18:10	60m	W	SF	18:35	60m	M	SF	17:30	High Jump	W	F
18:35	400m	W	SF	19:05	800m	M	F	18:00	800m	W	F
19:00	400m	M	SF	19:10	High Jump	M	F	18:35	1500m	M	F
19:00	High Jump Hep	M		19:30	1000m Hep	M	F	19:30	60m H	M	F
19:20	Shot Put	W	F 1-5	19:50	400m	W	F	19:40	4 x 400m Relay	W	F
19:25	Long Jump	M	F 1-5	20:10	400m	M	F	19:55	4 x 400m Relay	M	F
19:50	800m Pen	W	F								
20:15	3000m	W	F	20:30	1500m	W	F				
20:35	Shot Put	W	F 6	21:05	60m H	W	F				
20:45	Long Jump	M	F 6	21:20	60m	M	F				
20:55	60m	W	F								

IAAF WORLD INDOOR CHAMPIONSHIPS NANJING, CHINA – 13-15 MARCH 2020

ENTRY RULES AND STANDARDS

ENTRY RULES

- **Running Events** (except Relays)
 - Each Member is entitled to enter up to three athletes in each event of the Championships, provided all have achieved the corresponding Entry Standard.
 - Entries in running events will be determined by a combination of entry standards and performance lists.
 - A maximum of two athletes from any Member Federation may compete in each event.
 - Women's **3000m** event shall be held as a straight Final

- **Field Events**
 - In the **High Jump** and **Pole Vault**, the events shall be held as straight Finals with twelve (12) athletes starting in each event. The Entries will be determined by a combination of Entry Standards and Ranking.
 - In the **Long Jump, Triple Jump and Shot Put**, events shall be held as straight Finals with sixteen (16) athletes starting in each event. Entries will be determined by a combination of entry standards and performance lists. The event shall be conducted as follows:
 - All athletes have three initial trials
 - The top eight athletes after three rounds of trials have two additional trials
 - The top four athletes after five rounds of trials have one last trial
 - In all cases, a maximum of two athletes from any one Member may compete in each event.

- **Combined Events**
 - Twelve athletes (12) will be invited in the **Heptathlon** and in the **Pentathlon** as follows:
 - the winner of the 2019 Combined Events Challenge
 - the five best athletes from the 2019 Outdoor Lists (as at 31 December 2019), limited to a maximum of one per country
 - the five best athletes from the 2020 Indoor Lists (as at 24 February 2020)
 - one athlete which may be invited at the discretion of the IAAF
 - In total no more than two male and two female athletes from any one Member will be invited. Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.

- For the **Relays**, there is no entry standard, and each Member Federation will be able to enter up to six athletes in each team.

- **World Indoor Tour:** The individual overall winner of each event in 2019 and 2020 will automatically qualify for the IAAF World Indoor Championships by Wild Card. The Member Federation of the IAAF World Indoor Tour winner will have the ultimate authority to enter the athlete or not, based on its own criteria or qualification system.
- **Unqualified Athletes**
 - Members who have **no male and/or no female qualified athletes** (whether eligible by Entry Standard or by subsequent ranking) in any event may enter one unqualified male athlete OR one unqualified female athlete in a running event (except the 800m). In exceptional cases, and as agreed by the Technical Delegates, entry of unqualified athletes in the 800m, Long Jump, Triple Jump or Shot Put may be accepted. Applications for such entries must be submitted to the IAAF (events@iaaf.org) no later than 24 February 2020.
 - If the **host country** does not have a qualified athlete in an event, it may enter one athlete in this event regardless of any Entry Standard (except the Combined Events). For the Field Events and 800m, the entry is at the discretion of the Technical Delegates.
- **Target number of athletes/teams by event**
The target number of athletes/teams by event will be as follows:

Events	Target Number
60m	56
400m	30
800m	18
1500m	18
3000m (Men's)	24
3000m (Women's) – straight final	15
60m hurdles	48
High Jump, Pole Vault	12
Long Jump, Triple Jump, Shot Put	16
Relays	12
Combined Events	12

- **Age Categories**
 - U20 Athletes: any athlete aged 18 or 19 years on 31 December 2020 (born in 2002 or 2001) may compete in any event.
 - U18 athletes: any athlete aged 16 or 17 years on 31 December 2020 (born in 2004 or 2003) may compete in any event except the Shot Put.
 - Athletes younger than 16 years on 31 December 2020 (born in 2005 or later) may not compete in any event.

ENTRY STANDARDS

WOMEN

MEN

Indoor	Outdoor	Event	Indoor	Outdoor
7.30	11.15 (100m)	60m	6.63	10.10 (100m)
52.90	51.00	400m	46.50	45.00
2:01.50	1:58.00	800m	1:46.70	1:44.00
4:09.00 / 4:28.50 (Mile)	4:02.00	1500m	3:40.00 3:55.00 (Mile)	3:33.00
8:49.00	8:30.00 / 14:50.00 (5000)	3000m	7:50.00	7:40.00 / 13:10.00 (5000m)
8.16	12.85 (100mH)	60m H	7.70	13.40 (110mH)
No Standard		4x400 R	No Standard	
1.95		HJ	2.34	
4.70		PV	5.80	
6.75		LJ	8.20	
14.30		TJ	16.90	
18.30		SP	20.95	

CONDITIONS FOR THE VALIDITY OF PERFORMANCES

- Performances must be achieved during the **qualification period** of 1 January 2019 to 2 March 2020 (midnight Monaco time), except for the Combined Events (see above).
- Performances must be achieved during **competitions organised or authorised by the IAAF**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised.
- Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- Performances achieved in **mixed competitions in track events** will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in the 5000m event may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender under specific circumstances and conditions (see Rule 147).
- **Wind-assisted performances** will not be accepted.
- **Hand-timed performances** in 60m, 100m, 400m, 800m, 60m Hurdles, and 100m/110m Hurdles will not be accepted
- For the running events of 400m and over, performances achieved on **oversized tracks** will NOT be accepted

OLYMPIC GAMES 2020, TOKYO, JAPAN
ATHLETICS COMPETITIONS - 31 JULY – 09 AUGUST 2020
QUALIFICATION SYSTEM

EVENTS (48) AND ENTRY NUMBERS PER EVENT

Men's Events (24)	Women's Events (23)	Mixed Events (1)
<p>Track 100m (56) 200m (56) 400m (48) 800m (48) 1500m (45) 5000m (42) 10,000m (27) 110m Hurdles (40) 400m Hurdles (40) 3000m Steeplechase (45) 4 x 100m Relay (16) 4 x 400m Relay (16)</p> <p>Field High Jump (32) Pole Vault (32) Long Jump (32) Triple Jump (32) Shot Put (32) Discus Throw (32) Hammer Throw (32) Javelin Throw (32)</p> <p>Combined Decathlon (24)</p> <p>Road 20km Race Walk (60) 50km Race Walk (60) Marathon (80)</p>	<p>Track 100m (56) 200m (56) 400m (48) 800m (48) 1500m (45) 5000m (42) 10,000m (27) 100m Hurdles (40) 400m Hurdles (40) 3000m Steeplechase (45) 4 x 100m Relay (16) 4 x 400m Relay (16)</p> <p>Field High Jump (32) Pole Vault (32) Long Jump (32) Triple Jump (32) Shot Put (32) Discus Throw (32) Hammer Throw (32) Javelin Throw (32)</p> <p>Combined Heptathlon (24)</p> <p>Road 20km Race Walk (60) Marathon (80)</p>	<p>Track 4 x 400m Mixed Relay (16)</p>

ATHLETES QUOTA

1. Total Quota for Athletics:

	Qualification Places	Universality Places (unqualified athletes)	Total
Men/Women	Total athletes quota of 1900		

2. Event Specific Quota per NOC:

	Event Specific Quota
Individual Events	Maximum three (3) athletes
Relay Events	Maximum one (1) relay team per event

Individual Events

NOCs may enter up to three (3) qualified athletes for each event on the athletics programme. In addition, NOCs that fulfil the maximum quota per event can nominate a maximum of one (1) reserve or P alternate qualified athlete for the same event.

Relay Events

4x100m, 4x400m NOCs may enter one (1) team for each relay event. A total of five (5) athletes may be entered for a relay team. Should an NOC have entered a relay team and individual athletes in the corresponding individual event (100m and 400m), the entered individual athletes must be included in the total of five (5) athletes entered for the relay events. In addition, NOCs can nominate a maximum of one (1) P alternate athlete for each team.

4x400m Mixed NOCs may enter one (1) team for this relay event. A total of four (4) athletes, two (2) men and two (2) women, may be entered for the relay team. In addition, NOCs can nominate a maximum of two (2) P alternate athletes for each team, one (1) man and one (1) woman.

3. Type of Allocation of Quota Places:

The quota place is allocated to the athlete by name in individual events. However, if an NOC has more than three (3) qualified athletes in individual events, the NOC can decide which of these athletes will receive the quota places.

The quota place is allocated to the NOC in Relay events.

ATHLETE ELIGIBILITY

All athletes must comply with the provisions of the Olympic Charter currently in force, including but not limited to, Rule 41 (Nationality of Competitors) and Rule 43 (World Anti-Doping Code and the Olympic Movement

Code on the Prevention of Manipulation of Competitions). Only those athletes who have complied with the Olympic Charter may participate in the Olympic Games.

Age Requirements

- Senior Athletes:** Any athlete aged 20 on 31 December in the year of the competition (born in 2000 or earlier) may compete in any event
- Junior Athletes:** Any athlete aged 18 or 19 years on 31 December in the year of the competition (born in 2001 or 2002) may compete in any event except the Marathon and 50km Race Walk.
- Youth Athletes:** Any athlete aged 16 or 17 years on 31 December in the year of the competition (born in 2003 and 2004) may compete in any event except the throwing events, Heptathlon, Decathlon, 10,000m, Marathon and Race Walk.
- Athletes Younger than 16:** No athlete younger than 16 years of age on 31 December in the year of the competition (born in 2005 or later) may compete at the Olympic Games.

QUALIFICATION PATHWAY

QUALIFICATION PLACES

Individual Qualification

Number of Individual Quota Places	Qualification Event
1900 Athletes*	<p>Qualification process: An athlete can qualify in one of two ways:</p> <ul style="list-style-type: none">• Achieve the entry standard within the respective qualification period• Qualify by virtue of his IAAF World Ranking Position in the selected event at the end of the respective qualification period. <p>In both cases, the maximum quota per NOC per event must be respected and the number of entries per event (in section A.) cannot be exceeded.</p> <p>Qualification events: General</p> <ul style="list-style-type: none">• All performances must be achieved during competitions organised or authorised by the IAAF during the qualification period as outlined in section H. Timeline, its Area Associations or its National Federations in conformity with IAAF Rules (https://www.iaaf.org/about-iaaf/documents/rules-regulations).• For Marathons and Race Walks, IAAF publishes on its website a list of courses and competitions that comply with the below. <p>Marathons</p> <ul style="list-style-type: none">• Performances for qualifying purposes may only be achieved on a course measured by an IAAF/AIMS Grade “A” or “B” International Road Race Course Measurer with the measurement certificate established no more than 5 years before the date of the race.• For entry standards the overall decrease in elevation between the start and the finish shall not exceed 1:1000, i.e. 1m per km.• For World Rankings in case of performances achieved on courses with a drop in elevation which exceeds 1:1000 a correction will be made in the result score from which points will be deducted depending of the drop.• The first 10 runners in the Men’s Marathon and in the Women’s Marathon in the

IAAF World Athletics Championships Doha 2019 and the top 5 finishers at the IAAF Gold Label Marathons and the top 10 finishers at the Marathon Major Series (Tokyo, Boston, London, Berlin, Chicago and New York) held during the qualification period will also be considered as having achieved the entry standard.

Race Walks

- Performances for qualifying purposes may only be achieved on a course measured by an IAAF/AIMS Grade "A" or "B" International Road Race Course Measurer with the measurement certificate established no more than 5 years before the date of the race.
- A minimum of 3 International or Area Race Walking Judges must be on duty.
- For International Competitions defined under IAAF Rule 1.1 (i), or at National Competitions, Member Federations concerned must submit a specific application to the IAAF (Application Form available from the IAAF) before the race is conducted. Applications submitted for the IAAF World Championships Doha 2019 do not need to be submitted again.

Special conditions for validity of performances:

- Performances achieved in **mixed competitions in track events** will not be accepted. Exceptionally, in accordance with IAAF Rule 147, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender.
- Performances which are **wind-assisted** or for which a wind reading is not available shall not be accepted for Entry Standard purposes (but will be valid for the IAAF World Rankings with the appropriate adjustments).
- **Hand timing** performances in 100m, 200m, 400m, 800m, 110m/100m Hurdles, 400m Hurdles and 4x100m Relay will not be accepted.
- **Indoor performances** for all field events and for races of 200m and longer, will be accepted.
- For the running events of 200m and over (including combined events), performances achieved on **oversized tracks** shall not be accepted.
- For the Race Walks, track performances (20,000m or 50,000m) and performances achieved in competitions conducted with the penalty zone rule shall be accepted.
- For the Combined Events at least one of these conditions must be met:
 - The wind velocity in any individual event shall not exceed plus 4 metres per second.
 - The average wind velocity (based on the algebraic sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2 metres per second.

Entry standards:

- They will be established in all individual events.

Qualification period:

- **Marathon and 50km Race Walk: from 1 January 2019 to 31 May 2020**
- **10,000m, 20km Race Walk and Combined Events: from 1 January 2019 to 29 June 2020**
- **All other events: from 1 May 2019 to 29 June 2020**

To be noted that, regardless of their date, the last Area Championships will always count towards the IAAF World Rankings (if among the athlete's best five (5) performance scores). The Area Championships events count towards the ranking regardless of the date of the event. However, in case an athlete has already accumulated five (5) performance scores that are better than the results at the Area Championships then the result will not count towards the IAAF World Ranking.

** Includes the relay athletes and universality places*

Relay Qualification

Number of Team Quota Places	Qualification Event
80 Teams	<p>Qualification Process: There shall be a maximum of 16 qualified teams in each relay event.</p> <p>IAAF World Championships, September/October 2019 The first eight (8) placed NOCs at the IAAF World Championships Doha 2019 shall automatically qualify for the relay events at the 2020 Olympic Games.</p> <p>IAAF World Top Lists (29 June 2020) The remaining eight (8) teams will be selected according to IAAF World Top Lists of 29 June 2020 (link to be added April 2020). For the results to be valid for qualification purposes, a minimum of two different international teams, representing at least two countries, must compete in the race.</p> <p>The IAAF will inform the NOCs of each of these national teams of their eligibility to compete in the Olympic Games relay competitions.</p> <p>Qualification period:</p> <ul style="list-style-type: none">• 1 May 2019 to 29 June 2020

UNIVERSALITY PLACES (UNQUALIFIED ATHLETES)

- NOCs with no male or female qualified athlete or relay team will be allowed to enter their best ranked male athlete or their best ranked female athlete in one athletic event, with the exception of the Combined Events, 10,000m and 3000m Steeplechase.
- This applies equally to unqualified female entries from an NOC with qualified males, and vice versa.
- Acceptance of unqualified entries in Field Events and Road Events will be at the discretion of the IAAF Technical Delegates, based on the technical standard of the athlete and the numbers of qualified athletes in the respective event. In order to allow the IAAF Technical Delegates to assess the technical level of such athletes, a specific application form indicating the event in which the entry is requested and the proof of the technical level and international participation of the nominated athlete must be submitted to the IAAF. The IAAF shall subsequently confirm, in writing to NOCs, with a copy to the Tokyo 2020 Sport Entries Department, the approval or otherwise of the entry of the specified athlete(s).
- The application forms of all unqualified athletes must be submitted by NOCs to the IAAF no later than 22 June 2020. For Marathon and 50km Race Walk the application form for unqualified athletes must be submitted by NOCs to the IAAF no later than 24 May 2020.

CONFIRMATION PROCESS FOR QUOTA PLACES

Following the end of the qualification period, the IAAF shall confirm the number of athletes having achieved the entry standard plus the approved unqualified athletes and shall subsequently determine the athletes qualified by virtue of their IAAF World Ranking position. The IAAF World Rankings for each event shall be published on the IAAF website on 1 July 2020. NOCs shall enter all athletes to Tokyo 2020 by the entries deadline of 6 July 2020.

REALLOCATION OF UNUSED QUOTA PLACES

REALLOCATION OF UNUSED QUALIFICATION PLACES

If an allocated individual quota place is declined by an NOC, the quota place will be reallocated to the next best ranked athlete in the same event according to the IAAF World Rankings of 1 July 2020, respecting the maximum quota by NOC per event.

If an allocated team relay quota place is not confirmed by the NOC by the confirmation of quota place deadline or is declined by the NOC, the quota place will be reallocated to the NOC with a relay team which has recorded the next fastest time in the same event in accordance with the IAAF's criteria for the qualification of relay teams.

REALLOCATION OF UNUSED UNIVERSALITY PLACES

There will be no reallocation of Universality Places.

GENERAL PRINCIPLES REGARDING THE USE OF RESERVE AND P ALTERNATE ATHLETES

RESERVE ATHLETES

Reserve athletes are competing athletes who have an Aa accreditation and who are entered by their NOC in a specific event where they have qualified.

As reserve, they may be selected to replace another entered athlete in a different event until the time of the final confirmation for that event provided:

- they were nominated as reserve for that event at the time of the final entry deadline
- they have achieved the entry standard or have qualified by virtue of their IAAF World Rankings position
- that the NOC quota for that event is respected
- Reserve athletes must comply with the same eligibility rules as competing athletes as described in above paragraph C. Athlete Eligibility.

P ALTERNATE ATHLETES

P alternate athletes are non-competing athletes, and are not included within the athletes' quota as described in paragraph B. **Athletes Quota**.

If an NOC has entered three (3) athletes in one event, they are entitled to nominate one (1) P alternate athlete for the same event provided:

- he/she was nominated as alternate for that event at the time of the final entry deadline
- he/she has achieved the entry standard or has qualified by virtue of the IAAF World Rankings position

P alternate athletes must comply with the same eligibility rules as competing athletes as described in above paragraph **C. Athlete Eligibility**.

More detailed information about entitlements and quotas can be found in the ‘*Accreditation at the Olympic Games – Users Guide*’. P alternate athletes can only become competing athletes as per the conditions outlined in the ‘*IOC/Tokyo 2020 Late Athlete Replacement policy*’.

QUALIFICATION TIMELINE

Date	Milestone
1 January 2019	Start of the qualification period for 10,000m, Marathon, Race Walk, Combined Events and Relays.
March 2019	IAAF to confirm the entry standards for all events. The standards will be distributed to all NOCs and NFs.
1 May 2019	Start of the qualification period for all other events.
24 May 2020	Deadline for NOCs with no qualified athletes to apply for unqualified entries (only for Marathon and 50km Race Walk)
31 May 2020	End of qualification period for Marathon and 50km Race Walk
3 June 2020	IAAF to (only for Marathon and 50km Race Walk) - confirm the list of approved Unqualified athletes - confirm the list of athletes qualified by Entry Standard - publish the IAAF World Rankings and qualified athletes
22 June 2020	Deadline for NOCs with no qualified athletes to apply for unqualified entries.
29 June 2020	End of qualification period.
1 July 2020	IAAF to: - confirm the list of approved Unqualified athletes - confirm the list of athletes qualified by Entry Standard - publish the IAAF World Rankings and qualified athletes - publish the list of qualified Relay Teams
2-5 July 2020	IAAF to reallocate all unused quota places
6 July 2020	Tokyo 2020 Sport Entries deadline
24 July - 9 August 2020	Olympic Games Tokyo 2020

ENTRY STANDARDS

The entry standards below were approved by IAAF Council in March 2019 in Doha.

Men	Event	Women
10.05	100m	11.15
20.24	200m	22.80
44.90	400m	51.35
1:45.20	800m	1:59.50
3:35.00	1500m	4:04.20
13:13.50	5000m	15:10.00
27:28.00	10,000m	31:25.00
13.32	110m Hurdles / 100m Hurdles	12.84
48.90	400m Hurdles	55.40
8:22.00	3000m Steeplechase	9:30.00
2.33	High Jump	1.96
5.80	Pole Vault	4.70
8.22	Long Jump	6.82
17.14	Triple Jump	14.32
21.10	Shot Put	18.50
66.00	Discus Throw	63.50
77.50	Hammer Throw	72.50
85.00	Javelin Throw	64.00
8350	Decathlon / Heptathlon	6420
1:21:00	20km Race Walk	1:31:00
3:50:00	50km Race Walk	
2:11:30	Marathon	2:29:30